

ThinkFirst

National Injury Prevention Foundation

Educational Programs for Injury Prevention

Kelli Jankens, MBA, CPST

Chapter Director, ThinkFirst MidMichigan

State Chapter Director, ThinkFirst Michigan!

Traumatic Injury

- Leading cause of death for children, teens and young adults
- Due to vehicle crashes, violence, falls and sports
- Brain and spinal cord injuries are among the most devastating, leading to permanent disability and death

Most injuries are preventable!

Mission

Think**First**'s mission is to prevent brain, spinal cord and other traumatic injury through education, research and advocacy.

ThinkFirst Components

- Educational programs for all grades
- Reinforcement
- General public education
- Public policy initiatives

Programs



In select chapters:

- ThinkFirst For Your Baby
- ThinkFirst For Life: Falls Prevention

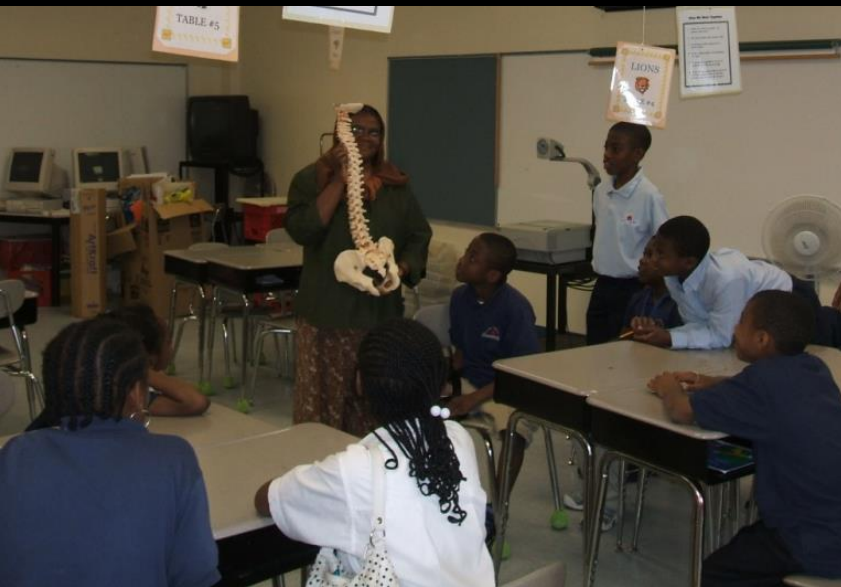
ThinkFirst For Kids





ThinkFirst

ThinkFirst For Youth



Community Events





ThinkFirst For Teens



ThinkFirst For Teens Components

- Presentation by Injury Prevention Specialist
 - Explaining HOW Injuries Affect Us
- Explain the causes of injuries and the importance of safe choices

VIPs: Voices for Injury Prevention:

share their personal story as to how their injury occurred, how it has affected their life, and how it could have been prevented



www.thinkfirst.org

ThinkFirst

ThinkFirst Saginaw, 2010



ThinkFirst at CMU Brain Awareness Week



Sam Howell, TBI, Distracted Driving



Chad Kolb, Quadriplegic, Diving Injury



Nick Cramer, drunk driver, paraplegic



MediaLibrary

ThinkFirst

Western Middle School Assembly



ThinkFirst

Brain Injury



ThinkFirst

Western Middle School Assembly



Student Q & A



Partners: Students at SVSU



Partners: Yvonne Brantley, MSP



Partners: Sports Players



Partners: EMS and First Responders



Partners:MoDOT

I'VE BEEN IN **WRECKS** BEFORE BUT THIS ONE WAS DIFFERENT. I DIDN'T HAVE MY SEATBELT ON. IN FACT, I TOOK IT OFF RIGHT BEFORE THE **CRASH**. I HAVE TO LIVE WITH THAT DECISION FOR THE REST OF MY LIFE. I'M PARALYZED FROM THE NECK DOWN AND NOW I HAVE TO USE A WHEEL CHAIR. I MISS PLAYING MY BROTHER'S STUFF WITH MY DAD. I MISS BUILDING.

I'll never forget that day. It was the day before graduation. I thought I was invincible. I was **WRONG**. I'm paralyzed from the middle of my chest down. My mom told me not to **SPEED** and to wear my seat belt. I should have listened to her. I **MISS** playing basketball, dancing, walking. I wish I could take that day back. But I can't. I will be dependent on someone for the rest of my life.

Alcohol tragically changed my life. After the **CRASH** I couldn't walk or talk. I had NO memory. I was in a **COMA** for 15 days. My two best friends in the truck **DIED**. I miss them. It's hard seeing their parents and the **PAIN** they are going through. I should have had my **SEATBELT** on. I should have listened to my parents. I should have stopped my friend from driving drunk. I remember waking up and not being able to feel my legs. I am only 15. I will **NEVER** walk again. Or play volleyball. I **HATE** the pain my Mom & Dad are going through. None of my friends have accessible homes, so I can't hang out with them. I get **LEFT OUT** a lot. I never thought this would happen to me. But it did.

WOULDA. COULDA. SHOULDA.



Supported by Federal Highway funds from the Missouri Department of Transportation

Life's too short to have regrets. So, always wear a seatbelt. Never drink and drive. And always think first to protect your body.

Let the ThinkFirst team crash your party. For more information, visit www.thinkfirst.unh.edu.

ThinkFirst!
Missouri!

www.thinkfirst.org

ThinkFirst

National Injury Prevention Foundation

Partners: IDOT

Think 1st poster 8/2/06 4:03 PM Page 1



**Buckle up
Drive sober
Watch your speed
ThinkFirst
Injuries are Preventable!**

Saved by the Belt? Saved by ThinkFirst? Tell us your story at www.thinkfirst.org

 **Illinois Department of Transportation**
Division of Traffic Safety
www.buckleupillinois.org

ThinkFirst
National Injury Prevention Foundation
www.thinkfirst.org

CENTRAL DUPAGE HOSPITAL
www.cdih.org

Partners: ThinkFirst International



Other Partners and Programs:

**MICHIGAN
TRAUMA
COALITION**



*Dedicated to reducing
traumatic injuries while
developing better
care and treatment of
trauma patients in Michigan.*



Drive it HOME

Impact
Teen Drivers

**SAFE
KIDS**
MIDMICHIGAN

What is the impact of
ThinkFirst For Teens?

Teen Survey

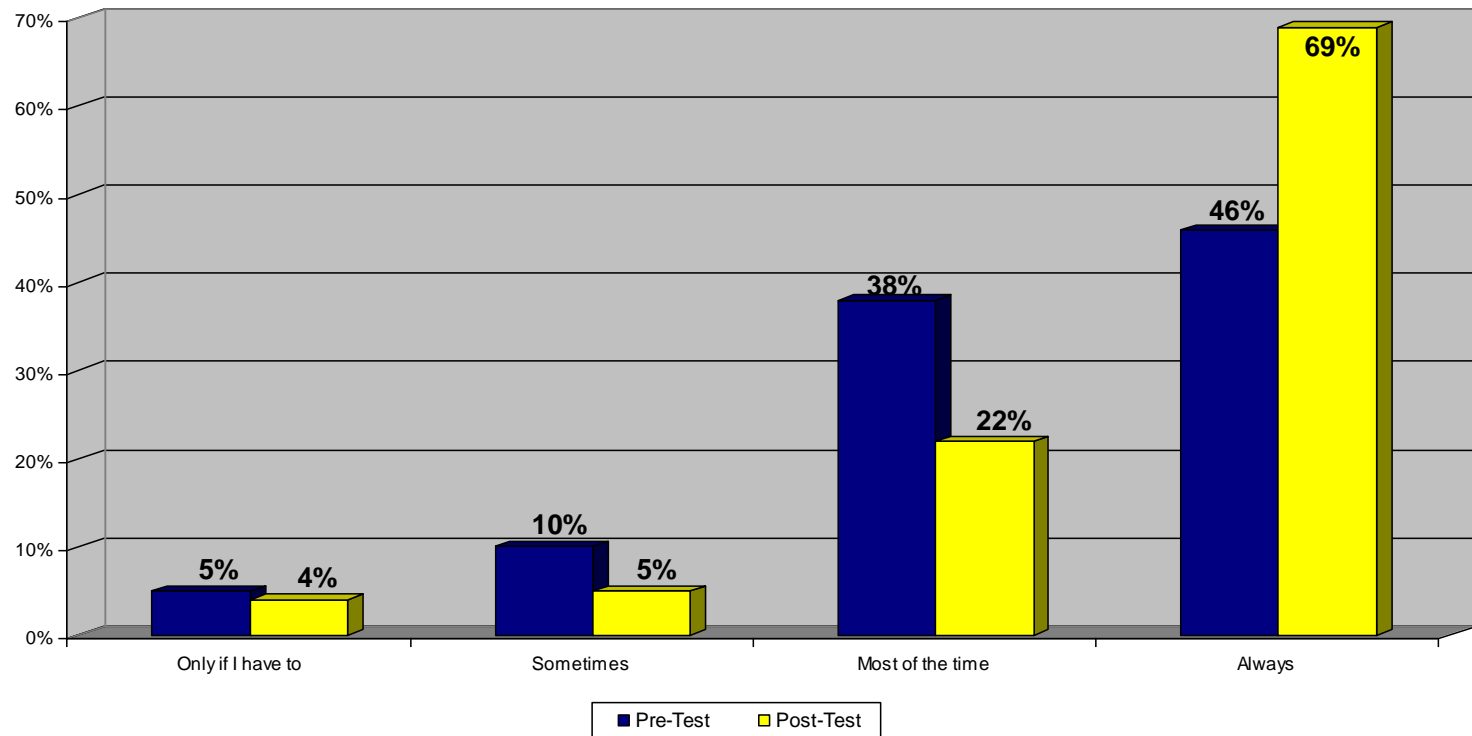
Pretest-posttest Evaluation

Gerhardstein, 2006

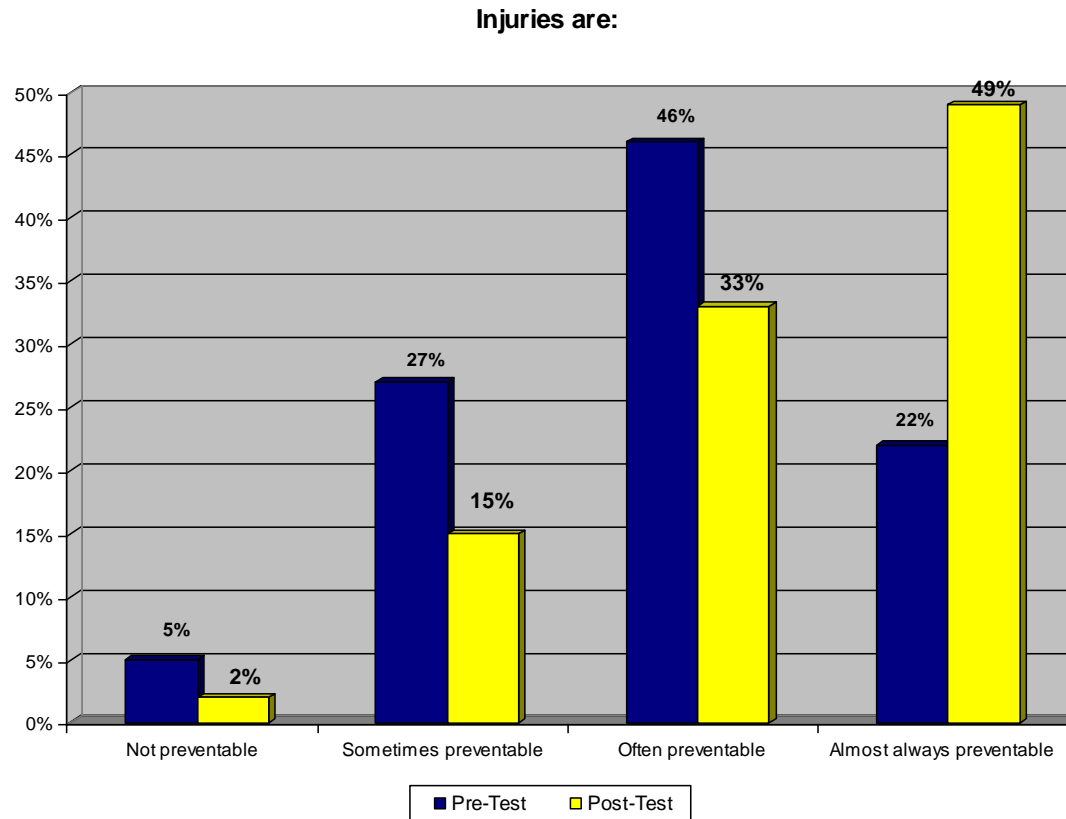
- Three Chicago suburban high schools
- 500 students, grades 9/10
- Pretests – presentation – posttest
- Knowledge, attitudes, stated behaviors
- Evaluation 3 months later

Safety Belt Use

How often do you (now plan to) wear a safety belt?

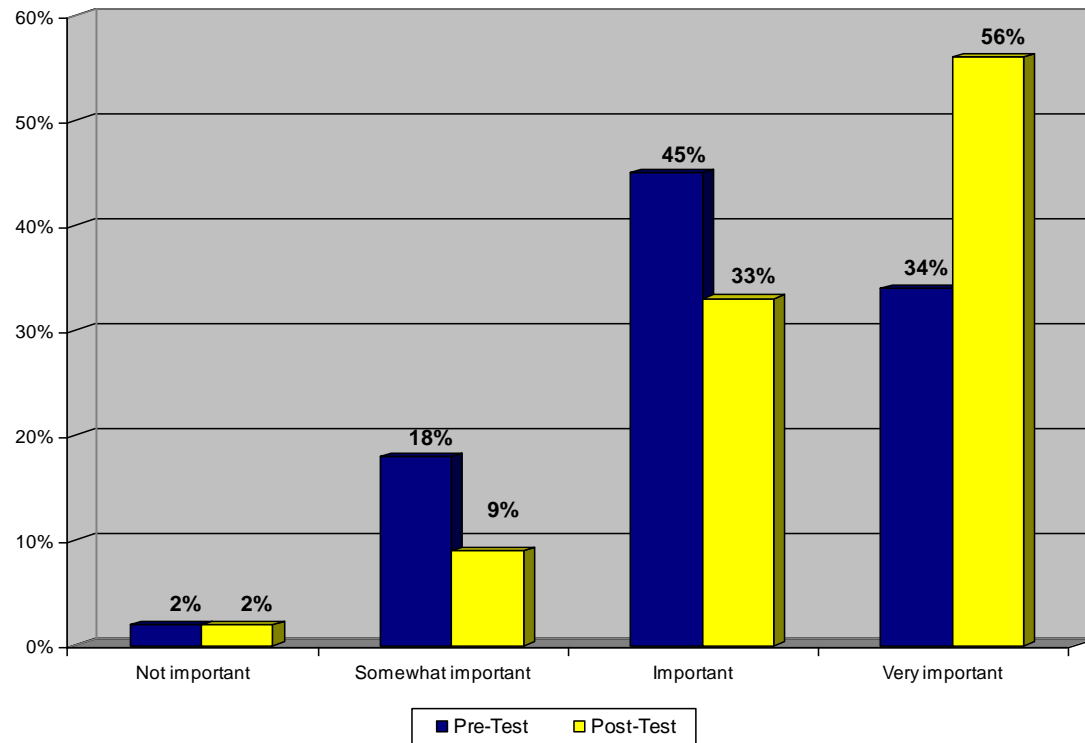


General Safety



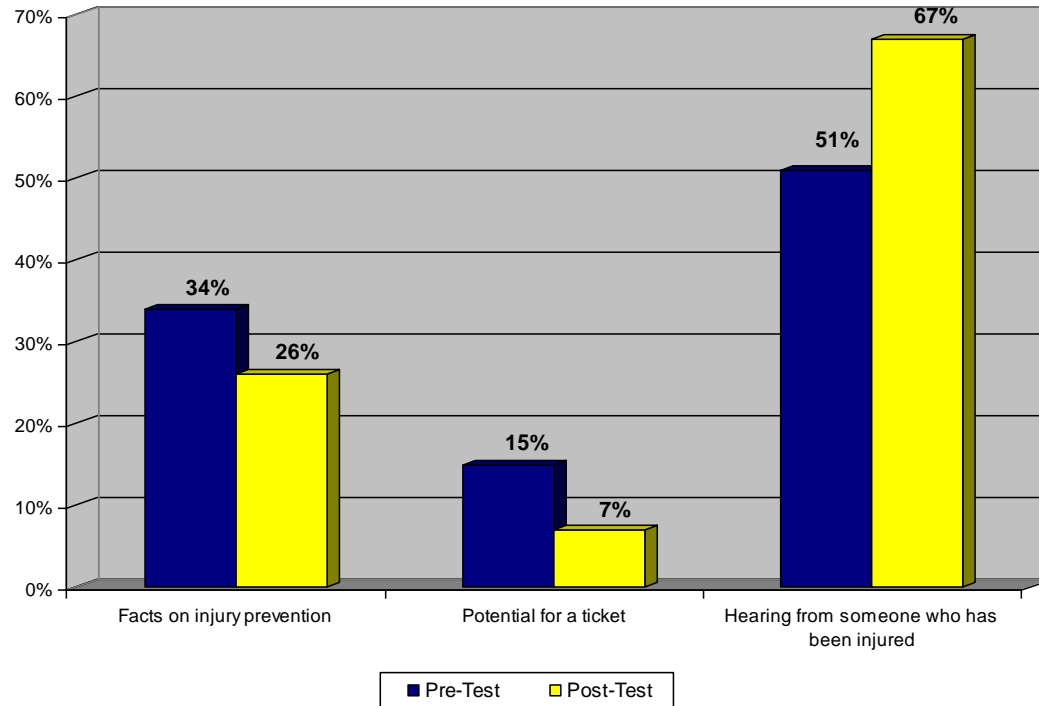
Making Safe Choices

I think making safe choices to protect myself from injury is:



What Has Influenced You Most?

What has influenced you the most in making safe choices?



ThinkFirst

www.thinkfirst.org

ThinkFirst
National Injury Prevention Foundation

For More Information

Think**First** National Injury Prevention Foundation

Debby Gerhardstein, Executive Director

1-800-THINK56

thinkfirst@thinkfirst.org

www.think**first**.org